HOSPITALL
for the Diſeaſed.

Wherein are to be found moſt excellent approoued Medicines, as well emplaiſters of ſpeciall vertue, as alſo notable Potions or drinkes, and other comfortable receipts, for the reſtitution and preſeruation of bodily health.

Verie neceſſarie for the time of common Plague and mortalities and for other times When occaſion ſhall ſerue.

Newly augmented and enlarged.

Gathered by T.C.

Eccleſiaſticus. 38. 4.
The Lord hath created medicines of the earth, and he that is wiſe will not abhorre it.

AT LONDON.
Printed by *Edward Allde*, for *Edward White*, dwelling at the little North doore of Saint Paules Church, at the ſigne of the Gun.
1610.

HOSPITALL

for the Diſeaſed.

Wherein are to be found moſt excellent approoued Medicines, as well ſimple of ſpeciall vertue, as alſo mixable Potions or Oyles, and other compoſitions ſo therefore, and preſeruation of bodily health.

Very neceſſarie for the time of common Plague and other ſickneſſes and diſeaſes.

When occaſion ſhall ſerue.

Gathered by T. G.

The Lord haue mercy vpon vs miſerable ſinners of this earth and helpe vs while we liue for ſhortly.

Printed by Edward Allde, for Edward White, dwelling at the litle North doore of Saint Paules Church at the ſigne of the Gun.

1601.

To all ſuch Readers, as haue care of their bodily health.

HOw prouident a patrone and bountifull a Father, the Lord God of life is, vnto vs vnthankefull and rebellious children, his manifolde benefites do teſtifie: yea the continuance of his kindeneſſe is herein principally declared. For whereas our owne naturall corruption worketh dayly in vs the baniſhment out of his fauour, and the danger of reprobation: he notwithſtanding in conſideration of our weaknes, withdraweth not his compaſſion from vs, but in all our neceſſities, reaching out his helping hand vnto vs, is moſt readie (as he is alwaies able) to plucke vs out of the pitte of perdition, whereinto the haynouſnes of our trangreſſions (as it were with a Cable) haleth vs perforce. O gracious God, how ſhall ſinners worthily aduaunce the excellency of thy loue? Who ſhall giue them an heart to conceiue thy kindneſſe? Whence ſhall they haue vtterance to ſound out thy mercy? Of themſelues (becauſe they are veſſels of wrath) they cannot compaſſe ſo perfect a worke. Thou therefore which art the perpetuall ſpring of all goodnes, giue it them: O giue it them, and they ſhall haue it: yea and in the hauing of it, they ſhall magnifie thy name, extol thy power, and maruaile at thy mercie. Where is one, among thouſand thouſands, that looking vppon the Heauens moſt gloriouſly beautified, vppon the earth moſt plenteouſly enriched, vppon the frame of his owne bodie, moſt Angellically created, but ſhall of compulſion acknowledge the omnipotency of God and confeſſe the vnmeaſurable greatnes of his goodnes, and loue toward man? The Heauen, to maintaine life and light. The earth to ſuccour and ſuſtaine nature: All creatures liuing in Land or water, to ſupply his wants: nothing to be reckoned and named which he hath not moſt liberally giuen vnto man, as appointing him Lord and Soueraigne, but them his

[illegible] least thou shouldest famish;
[illegible] Against thirst, least thou
[illegible] hath ordained Luory Lyquors: Against
cold, least thou shouldest die in thy nakednes, he hath giuen thee
cloathing. And what hath he done beside? Hath he not speci-
All regard of thy condition and estate? I meane to the health of
thy body, and the safetie of thy soule? Yes, yes, and that is cui-
dently prooued by the manifold remedies, which he hath prepa-
red to restore thee to soundnes of Lymme and life, and by the free
course of the pearle of his Gospell, which is the Iewel of all
Christian ioy. In consideration of these so many good graces of
God, what doth Christian duetie require? (I speake to all, vnto
whose view and censure this preface shall bee presented) Let
them take the sweet sacrifice of thankfulnes, and burne the same
vpon the Alter of an humble heart, that the redolent and perfu-
med incense of the same ascending vp into heauen, may smell
sweet in his Nosethrills, whose speciall delight is in such a burnt
offering & oblation. Thus much haue I said by way of aduertise-
ment vpon occasion of this present Booke, whose benefites as they
are diuers, so are they singular, and in them all is Gods goodnesse
highlie commended. Note of my wordes, and then iudge of the
value and woorthinesse of the Booke. Art thou diseased in thy
head? art thou grieued in thy heart? art thou pained with Ache?
art thou tormented with a Feuer? art thou wounded? art thou
troubled with any irkesome sore? Doth thy sight faile? Doth
thy hearing waxe weake? Doth thy youth weare away? Doth
age creepe on apace? Finally, dooth thou feele thy selfe infected
with the poison of the Plague and Pestilence? Then delay no
time: but with a small price buy a gemme woorth golde, (this
Booke I meane,) which though it bee litle in quantitie, yet it is
great in qualitie and vertue. Here (as in a cunning Apothecaries
Shop) are receipts of sundrie sortes prouided, wherewith the rage
of any sore may be mittigated: the nipping smart of any Vlcer or
wound asswaged, and the venome of any maladie expelled, & the
perfection of health restored. Thanke God & vse it in thy needs,
Heere thou hast succour to serue thee in thy sickenesse.

Thus farewell in Christ. T. C.

A preservation against the Plague.

Take a handfull of Sage, a handfull of Bettony, also otherwise called Betony, a handfull of Elder leaves, a handfull of red Nettle leaves, and stampe them together, and straine them through a cloath with a quarte of white Wine: then take a quantitie of Ginger, and mingle them altogether, and drinke thereof morning and evening a spoonefull nine dates together.

For the partie infected with the plague.

If it fortune one to be sicke of the Plague before he hath dronke the foresaid medicine, then take the water of Scabious a spoonefull, water of Betonie like much, and a quantitie of fine Treacle, put it together and drinke it, and it will expel all the venome.

A Medicine to breake the Botch.

If it fortune the Botch to appeare, then take Wamble-leaves, Elder leaves, Mustard seede, and stampe them altogether and then take it and make a plaister, and lay it to the sore, and it will draw out the venome.

A Medicine for the Plague.

Take foure sips of hearbe Grace, and five spoonefuls of vinegar, and braie the same together, then straine the iuice but therefrom, put thereunto one ounce of Mithridate, and one ounce of sugar, and stir it together, then set it upon the fire, & make thereof a sirrop and put it in a box close, then take a sage leafe, and rubbe it morning & evening, spread as much as a Beane thereof upon the same leafe and so eate it. And if he that taketh it, be infected, it will drive it from the heart, and if the partie that taketh it morning & evening be not infected, it will preserve him within 24. houres after.

A plaister to draw the sore.

Take one spoonefull of Mirrhe, the iuice of Spurge, two spoonefuls and a halfe of white Frankincense a good quantitie, and

one spoonful of Turpentine, and temper these together without fire, and make of the same a plaister, and lay it to the sore, changing it at euerie 24 houres.

A good medicine against the Plague approoued.

Amongst other excellent & approoued medicines for the pestilence, there is none more worthy available when the sore doth appeare, then to take a Cocke, Pullet or chicken, and let the feathers of the taple of the highest part be plucked off, till the crumpe be bare: then laid the said bare of the Pullet to ỹ sore, and the Pullet will gape and labour for life, and in the ende will die, then haue an other pullet, an doe the like to the patient, and if that die, yet stil applie the Patient with pullets so long as any doe die, for when the poyson by ỹ said Chickens is drawen forth, the said Chickens that be offered thereunto will liue, then the sore presently will swage, and the partie forth-with recouereth: this medicine is necessarie to driue the venome from the heart.

A Soueraigne drinke against the pestilence.

Take an ounce of Wormell water, and as much Dragon water, a dragme of Treacle, and put thereto a dragme and a halfe of powder imperiall, & giue it to the Patient to drink within 24. houres after he is infected, and hee shall with Gods grace escape and doe well.

A plaister to draw a head to the sore of the Plague and to breake it.

Take two lillie rootes, one handfull of sower Dowe, two handfuls of Mallowes, one handfull of linseede, stampe all these together small, & boile it in a quart of ỹ Lees of wine til it be thick, the lay it an inch thick vpon Leather, broader the the sore, and let the borders of the leather, be playtered with Coblers waxe, to make it cleane: it shal bring but the Botch in twelue houres, and breake it shortly.

A medicine that was taught King Henrie the seaueath by his Physition, against the Pestilence.

Take halfe a handfull of Rew, likewise of Sauoy gorse Featherfew, Sea-all, Burnet, & a quantitie of the crops and rootes of Dragons, wash them cleane, and seeth them with a soft

ſoft ſtraine in running water, from a pottle to a quart, and then ſtraine them together through a cleane cloath, and if it be bitter, put thereto a quantitie of ſugar-candy, as of other ſugar, and if this medicine be uſed before the purples do ariſe, you ſhall be whole by Gods grace.

A medicine to be drunke ſuſpecting any to have the Plague.

Take a great Dragon, and the guts being taken out, fill the ſame full of good Treacle of grene, and wrap the ſame in a paper, and roſt it till it be ſoft, then ſtraine the ſame with a little white vinegar, and being tempered with a quantitie of ſugar, give the Patient to drink two ſpoonefuls faſting: and if the Patient be infected with the Plague, you ſhal perceiue the appearance thereof, within five houres after the receipt of the ſame drinke.

Alſo for the uſuall drinke of euerie Patient being ſo infected.

Make it ſtrong in the quantitie of eight or nine creps: then take of Marigolds being drawne within, of burnet, and of Wormage, euerie one a handfull thereof, let them be ſod in a quart of faire Ale clarified, then put into it a crufl of bread, a little whole Mace, and a quantitie of ſugar, and let him drink the ſame at all times auoiding his ſickneſſe, and put Pimpernell in his broth.

Alſo another drinke to be taken euerie morning for a preſeruatiue againſt the Plague, and for the auoiding of infection.

Take ſo manie the quantitie of a handfull, and boile the ſame in a quarte of good wine Vinegar with a ſpoonefull of graines being beaten, and put into the ſame: then drinke the ſame with a quantitie of ſugar euerie morning faſting.

For the Plague.

Take in the morning faſting one dais ſlippe, one Walnut and foure or five leaues of Rew, chopped altogether, and eate them: and after warme drinke a cup of wine: if it be a woman with childe leaue out the Rew.

A good medicine againſt the Plague.

Take

[illegible] the quantitie of three spoonfuls, of
your wine vinegar, the quantitie of three spoonfuls, and the
quantitie of a nutmeg of good Treacle of Cane, or else the
quantitie of a walnut of the oile of Petroleum: bring all things
together, take it in the beginning of the fit howsoever.

For the Plague.

Take an ounce of the leaves of Rue, halfe an ounce of good
figs, an ounce of Jeneper berries, two ounces of raw sallets
pickled, foure ounces of Vinegar, a good quantitie of salt and;
stamp all the aforesaid things together, & reserve them in an
earthen pot or a glasse full stopped that no aire can out nor in
& if you intend in the morning upon a hastie ground the quan-
titie of a walnut more, it shall be sure by the grace of God
shut to be infected within fifteen hours after.

A medicine for the Plague or Leprosie.

Take pentgrave, sothernwood, spring wort, bishops wood, of
each a handfull, three or foure handfuls of Jeneper berries,
shall dryed be all, put into them the heades of all and put
them into a cleanes pipkin, & powre strong fume & fattest
of good white vinegar, and let them so stand seven nights
if the herbs be dry, & they be not, let them stand fourteen
nights, then put a handfull or two of the same herbs
of the same vinegar, and powre it into & still upon the herbes
& distill it with a pretty soft fire, for too great a fire will make
it away & so still it untill you have stilled all from the pip-
kin into the stillatorie, and after this powre it into the pipkin
against & put as many fresh and fresh herbes & with the many
berries as you had before in the pipkin againe, and so let
stand one other seaven nights, and then still them againe as
you did before, & so the third time with new herbes
&c. in the same manner as before, & at the last time, put foure
ounces of spetzoliat wine into the pipkin amongst the herbes,
& els five or six ounces of Treacle, in place of & spetzoliat
rum for want thereof, & then being trailed as before, put the
same into a double glasse, and stop it with a piece of bladder
bound about it, & if the party be infected, let him take thereof

fours

foure ounces at one time, and if neede be you may giue him so much for two or three daies, as you see cause, and to a woman but two ounces, and to children according to their age, and as they be able to beare it: and so sweat two or three houres, or longer if the partie may endure, and one stand by alwaies to wipe their face: least by putting out their hand they take cold &c. when all this is three times stilled, it will not amount to aboue three or foure quarts.

An oyle for all manner of aches, bruses, and strainings of the Sinewes.

Take a pottle of Neates feete oyle, and a quart of an Orgaule, a pint of Aqua-vitæ, a pint of Rose-water, Bay-leaues, Rosemarie stripped from the stalkes, Straw-berrie leaues, rots, and strings of Lauender cotten, of euery of these a handfull, beate them small, and put them into the foresaid stuffe, and seeth it ouer a fier of coales, in a pan of two gallons, and at your owne perill, let not the flame touch the stuffe: let it seeth verie well, and then take it off, and let it stand vntill it be almost colde, then straine it through a course linnen cloath but not the bottome of the said liquor, then put it in a glasse, & so keepe it and when you are pained, annoint your greife withal.

For an ache.

Take Aqua composita, and the Oyle of Neates feete luke warme, and annoint the patient vpon the place of the griefe, laying warme cloathes thereon.

A medicine for an ache, or shrinking of the sinewes.

Take the tendrings of Rosemarie, and Marthe Mal ows, by as euen portions as you can gesse, gather your hearbs when they be drie from raine and dew: pound them in a morter very small, then take May butter well clarified, and put it to the hearbs, and mingle it in a vessell, and let it stand foure daies, then set it ouer the fire, and let it seeth till the strength of the hearbs be gon, then take a little of it in a spoone, and let it drop vpon the naile, and if it be greene as the Emerauld, it is perfect: and then put it in an earthen pot, and when you will occupie it, you must warme it.

A medicine for an ache.

Take Parſely and Woꝛmewood, of each a handfull, & ſeeth them in a quart of Ale, with a quantitie of ſweet Butter, and waſh well the place therewith, that akes, & alſo bind the hearbs to the place, as hot as you may ſuffer it.

An approued oyntment for aches.

Stampe Smallage and put it in Aqua-vitæ, and ſtraine it, then put thereto Boꝛes greace, and ſtraine them well together and annoint the patient beſoꝛe the fire therewith euening and moꝛning.

A medicine for an ache in any place.

Take Sow thiſtle, Chickweede, Elder leaues, Groundſell and Clouers, of each a handfull, dꝛie all theſe together between two tiles, and lay theſe hearbs to the place where the grieke is, let the hearbs be waſhed beſoꝛe they be dꝛied.

A medicine for aching ſores.

Take iuice of Smallage, of Soꝛrell, of waſhꝛed, of each of them like much, take Honney and the white of an Egge, of either like much, and mingle them together till it thicken, let it come neere no fire, but all raw and cold lay it to the ſoꝛe.

For aches and ſwellings in the knees.

Take a quart of Malmeſey, and a handfull of time, boyle them together, and when it is halfe boiled, put in a good peece of ſweet butter, & let the boile together from a quart to a pint: when you go to bed bath your knees well therewith, and wet a cloth thꝛee oꝛ foure times double therein, and lay it to your knees as hot as you can ſuffer all night, and vſe this ſix oꝛ ſeauen times, and it will doutleſſe helpe you.

For a Sciatica or ache.

Take oyle of Neats feet, and Aqua compoſita, & annoint the ſame place where the paine is, then take woll newly plucked from the ſheepes backe, and lay thereon, and wꝛap it well with warme cloathes.

A plaiſter for an ache.

Take as much ſtone Pitch to the value of a tennis Ball, and a ſpoonefull of Tar, and a peniwoꝛth of Treacle and Roſin, to the value of a tennis ball, and a ſpoonefull of Honey, boyle

it

it ouer the fire in a Kettle, and ſtirre it altogether till it be well melted, then take a new ſheepes ſkinne, and make holes in it with a bodkin, & ſpread the medicine on the fleſhy ſide of the ſkin, and lay it to the ache as hot as you may.

For an ague.

Take Burre roots, and red Nettle crops: and ſeeth them in ſtale ale, & clarifie it, and giue the ſicke thereof to drinke about ſuch time as the cold beginneth to come, and after the heat bee paſt. When you ſee that he beginneth to ſweat, giue him to drinke Poſſet ale, made with Marigold and Fennell, and ſee the Poſſet ale be well clarified: vſe this medicine, for it will take away the Ague within three or foure fits at the vttermoſt.

A medicine againſt the hot Feauer.

Take a handfull of Bay-leaues, a handfull and more of red Sage, and ſeeth the ſame in a pottle of ſtale ale, to a quart, and the ſame being ſtrained, let the patient being in bed, drinke thereof a good draught, being warmed with a little Suger, an houre before his fit doe come.

A good medicine for an ague, be it quotidian or quarten.

Take of Smallage and of Featherfew of either of them the quantitie of a handfull, ſtampe them, & ſtraine them, and then take halfe ſo much as the iuice of the ſame is of ſmall ale, and being mixt together, drinke it warme a little before the time that the fit ſhould come: that is to ſay, when you perceiue any grudging. This muſt be drunke three ſeuerall times, the patient going to bed, and clothes ynough laid vpon him.

A medicine for an ague.

Take Nettles, Cobwebs, and Salt, and beate them in a wooden diſh, & lay it to the left arme of the ſicke, and it will take away the heate of the ague.

For the Ague.

Take Soot, and yolkes of Egs, and Bay ſalt, and Pepper, and mingle them together, and lay it to both wriſts, and it will take away the Ague.

For your drinke in your ague.

For your drink, take Ale, & not ſtrong, & vſe it luke warme.

Drinke and Pottage in an ague.

Make your Pottage and Posset ale, & Almond milke, with these hearbs following, that is to say, Sinckfoile, Succory, Buglosse, Endive, Borage, Sorrel, Lettice, and fenel rootes, and Parsely roots, great Reasons and Prunes.

A medicine for the drought in an ague.

Take a quantitie of Bourage, a quantitie of Sorrell, a certaine of Violet leaues, a certaine of Strawberry leaues, seeth them in a pottle of faire running water, to a quart, then straine the hearbes, then take Almonds, and blanch them, beate them and straine them with the said water, and put Sugar therein and drinke it warme.

A medicine for the quarten ague, and for the drought.

Take a pottle of good red wine, and a pottle of new milke of a Cowe of one colour, take two or three good handfuls of Mouse ere cleane picked and washed, stripe it into the milke and wine, and temper them together, & let them stand so one night: and put them in a faire still, and still them with a soft fire, and take the water and put it in a faire glasse, and set it in the Sunne foure or fiue daies, and let the sicke when he drieth in his Ague drinke thereof three or foure times, and he shall be rid of his Ague, and his drinke shall quench is drought.

A medicine against the Quarten.

Take shell Snailes two handfuls, bay Salt, Mallowes of each a handfull, beat these together, and lay it to the soles of your feete, before the quarten fit doth come.

A medicine for a colde in a Feauer.

Take Camomile and wormewood, and seeth them in a quart of Ale, til halfe be consumed, and giue it the patient first and last.

A medicine against the hot Feauer.

Take a pottle of stale Ale, and a bottome of a stale white Loafe, and a handfull of Sinckfoile, a handfull of Camomile, Treacle and Vineger, of each a spoonful, a few whole Maces, Sugar Candy, as much as they list, & seeth these vntill halfe be consumed, and straine it from the hearbes, and giue it to the

patient

patient to drinke, and none other drinke during his heat, and as much thereof as he will, and is helpeth.

For the ague.

Take two or three Cloues of Garlike, and bruse them, and a penniworth of Aqua vitæ, half a pint of ale: seeth them together, & drink it a little before the fit come as hot as you may.

Against the corrupt ayre.

Take Betony, Centory and Egrimony, of each a handfull, and stampe them & straine them with ale, and with a Lycoris sticke bruised, and then boile it, and clarifie it, and make it pleasant with Suger, and drinke thereof euerie morning blood warme three spoonefuls, three or foure daies.

To make a man haue an appetite to his meate.

Seeth Centory in faire cleane water, and let the sick drink thereof euerie morning blood warme, three spoonefuls, three or foure daies.

To make a man haue an appetite to his meate.

Seeth Centory in faire cleane water, and let the sick drink it luke warme fasting three daies, each day nine spoonfuls and he shall be whole, for this purifieth the stomack and brest also.

A good comfortable powder to digest well, and many other good properties.

Take Pellatorie of Spaine, Centorie, Annis, Licoras, Graines of Paradice, Ginger, Sinamon, of each like much beaten, and searced into fine powder, and drink thereof morning and euening halfe a spoonefull in wine or in ale.

To make Ipocras for a weake stomacke.

Take a pint of Aqua vitæ, and put in a glasse: then take two ounces of Sinamon and one ounce of ginger, two penyworth of cloues, two penniworth of Graines, one of Nutmegs, and beate them altogether to grosse pouder, and put them all into the glasse to the Aqua vitæ, and shake it euerie day often, nine daies together: and then drinke it with wine or ale, halfe a spoonefull, or a quarter, with halfe a pint of Ale.

A medicine to clense the backe, and to purge the reines.

Take one Fennell roote, and two Parsely rootes & picke out the pithes of them, & take thereto one handfull of Pella-

roote of the wal, and all these being washed cleane, séeth in posset ale, and drinke thereof when you goe to bed, and if you wake at midnight, drinke you also.

A medicine for the paine in the backe, and for the heate in the backe.

Take Rosewater, and put thereto Saunders, and Roseleaues, and lay them in steepe in your Rosewater one whole night, then wash your backe with the same, and it will take away the heat, and greatly comfort the reines.

For paine in the backe.

Take Sage, Rosemarie, Camomell, and Maudlin, of each of them a handful, then stampe them together, and fry them in May butter, and annoint your backe with it warme.

A medicine for the reines of the backe.

Take halfe an ounce of Turpentine of Uenice, and let it bee well washed in Plantine water, or Rosewater, and then mixe it with fine white Suger, and make thereof foure or fiue bals, which you must eat three in a morning fasting, and daily drinke a little white wine, or Renish wine immediatly after.

To driue out a paine or griping in the belly.

Take Southernewood, and lay it against the place of the contrary side where the torment is, and it wil driue it out, and if it bee laid to the Nauell it will driue away the paine.

For the biting of any venomous beast.

Take Plantine, & drinke the iuice thereof, and take Plantine and Salendine, of each like much, stampe them & temper them with stale pisse, and lay to the sore, and it will allwage the swelling, and drawe out the venome.

A medicine for the biting of a mad dog.

Take a good handfull of Betony, and a handfull of Wilde sage, a handfull of nightshade, and faire running water a pint, the hearbs being stamped and strained therewith, & put thereto a pennyworth of Treacle, and giue it to the patient to drink two or three mornings.

A medicine to stop bleeding.

Take Centorie, greene Rew, and red Fennell, and stamp

and

and ſtraine them, and drinke them warmed.

A medicine to ſtop bleeding.

Take Burſa Paſtoris, Plantine, and Iſope of each of them like much, and bruiſe them in a morter, and warme them as hot as you can againſt the fire, and lay them to the noſe of him that bleedeth, and bind ſome of the hearbs to his temples as hot as he can ſuffer them.

Another medicine for the ſame.

Take an olde cleane linnen cloth, and wet it well in Vinegar, then burne it to ponder, then take the ponder thereof, & if it be a wound caſt it therein, and it will ſtop the bleeding immediatly, but if the noſe bleede, then ſnuffe vp the foreſaide ponder into thy noſe and it will ſtint bleeding.

Another for the ſame.

Take a Toad, and drie him in the Sunne verie drie, then put him in a linnen bag and hang him about your necke with a ſtring, ſolow that it may touch your breſt on the left ſide neere vnto your heart, and commonly it ſtayeth all kinde of bleeding at the mouth, noſe, or wound.

Another to ſtop blood.

If your noſe doe bleede vnmeaſurably, then tie your little finger verie hard about the lower ioynt, and for the moſt part it faileth not, but ſtayeth the ſame.

For ſpetting of blood.

Take the iuice of Betony & temper it with Goates milke, and giue the Patient to drinke three daies.

For the ſame.

Take Smallage and Pints-Rew and Betonie, and ſeeth them well in good milke, and ſup it warme.

To ſtench blood at the noſe.

Take Betony, ſtampe it with a little ſalt, as much as thou maieſt take vp with thy two fingers, and put it in thy noſe.

To ſtench blood.

Take linnen cloath, and burne it, and take the ponder and put it in another cloth, and ſo lay it to the wound. Alſo take an Hearb that is called Pelwincel, and hold it betweene thy teeth and thou ſhalt not bleede while thou holdeſt it there.

Good

Good for the Braines.

To ſmell the ſauour of Muſke. Camomell, to drinke wine meaſurably, or to eate Sage, but not much, to keepe the head warme, often waſhing of your handes, meaſurably walking, meaſurably ſleeping, to heare little noiſe of muſick or ſingers, to eate muſtard, Peper, the ſauour of Red-roſes, and to waſh your Temples with Roſe-water.

Ill for the braine.

All manner of Braines, Gluttonie, drunkennes, late Suppers, to ſleepe much after meat, corrupt aires, anger, heauineſſe of minde, to ſit and muſe bare headed, too eat too much or haſtily, too much heat, too much watching, too much cold, milke, Cheeſe, all manner of Nuts, much bathing, Onions, Garlick, and great noyſe or to ſmell a white Roſe.

For ſtopping in the breſt.

Take Rew and ſeeth it in Eiſell, and ſo drinke it: drinke Nettle ſeed braied, and it ſhall void grauell of the ſtone in the raines of the backe.

For a ſtinking breath.

Take the ſeed of Coriander, and boile it in white rimney or Sacke, and thereof drinke three ſpooneſuls in the morning, and as much at euening, but that you drinke in the morning muſt be cold and the other hote, but you muſt vſe to take no excelle of meats, nor drinks, nor ſit not late, but riſe vp earely.

A medicine for a bruiſe in the Leg or arme, or elſe where.

Take water Creſſes, and waſh them cleane, and ſeeth them in faire water till they be ſoft, then beate the ſmall in a Morter, and put them in a cleane Pan, & put thereunto ſweet ſewet of a Hart, Buck, or Sheep, and put thereto the Lees of wine, and wheat bran, and fry altogether, and make a plaiſter thereof, and lay it warme to the ſore place, and ſo lay three or foure plaiſters, as neede ſhall require.

Another plaſter for a bruiſe or ſore varied.

Take Otemeale grotes, and ſeeth them in ſweet Cowe milke, vntill they be as thicke as pap, and put it into a panne, with a quantitie of Sheepes tallow, and boile them well and ſtirre them well, and then make a plaiſter thereof, and lay it to

the

the griefe as you can ſuffer it.

For a bruiſe or a ſtraine.

Take the grounds of Ale or Beere, and wheat braune, and Chickweed, and lay it to the greeſe three or foure times a day vpon a red cloth, and not too thin.

For all bruiſes and aches in the bones.

Take a good quantitie of walwoort, & a certaine of balme, and Smallage, and ſtampe them well, then take a pound of May butter, and temper them together, then make them in round balls, and let them lye eight daies after, and then ſtampe it againe, then fry it, and ſtraine it, and ſo put it in an earthen pot, and this will helpe the bruiſe, though it be very blacke.

A medicine for burning, ſcalding, or burnt with an hand Gun.

Take ten or twelue Egges, as you will make the quantity of your Oyle, and let them be as new as you can get, lay them in the fire, & roſt them as hard as you can, then take ỳ yolkes and chop them as ſmall as you can & put them in an earthen pot and ſet it ouer the fire, and take a ſticke and ſtir it, and let it boile vntill you ſee it conſumed in a manner to nothing, thẽ take it from the fire, and ſet it in the ayre a quarter of an houre or more, and there will come an oyle thereof, then take a feather, and annoint the griefe with the ſame oyle, & take Hart-ſtongue leaues, and lay them vpon the griefe, and that will gather the ſkin, then you may binde a cloath to it.

Another medicine for the ſame.

Take the dung of Geeſe of one nights making, and freſh butter vnſalted, or els clarified Sheepes ſweet, and fry them in a a frying pan a good time or ſeaſon, vntill your ſweet be almoſt cõſumed, then put thẽ in a cleane coarſe linnen cloth, and ſtraine them into a ſmall veſſell, then take a feather, and dip it in the liquor, and annoint the burned place or ſcalded, & when you haue ſo done, wet a fine linnen cloath in the liquor, and couer the ſore withall, and doe this twiſe or thrice a day, and by Gods grace it ſhall helpe you.

For burning, or ſcalding.

Take maidenwoort, stampe it and seeth it in fresh Butter, and straine it and annoint the patient.

To take away a heat or burning with Gunpowder.

Take a good quantitie of Houseleek stampe it and wring out the iuice, take the white of fiue Egges, and beate them in a dish till they be thinne & then take off the skinne, and put the rest together, and wash the sores with a linnen cloath, and lay the cloath aloft vpon the sore wet.

A medicine for burning or scalding

Take blacke Sope, or grey Sope, and lay it immediatly to your sore.

For burning or scalding.

Take a good handfull of Auans, and as much of Sheepes dung, and so frie them in may butter, & straine it, & annoint the place with the same cold, twise a day, but annoint it first with grey and blacke sope, and it will helpe, the ointment must bee spred vpon a fleren cloth if you can get it.

To make an ointment for burning with Gunpowder or scalding with water.

Take a handfull of Barrows greace, and two handfuls of Groundsell, and two or three handfuls of Houseleeke, & stamp the hearbs together, then put to it new Sheepes dung two handfuls of Goose-dung two handfuls and stamp them together, and being hote, straine them through a cloath into an earthen pot, and with the liquor annoint the burned place.

An oyntment for burning.

Take Plantine Mayhead, Waste, and greene barck of Elder, and greene Gose-dung, and oyle of Lilie, stampe them together, & wring them through a cloath, and bath the place, that is hurt, with a feather.

For burning or Scalding in what place soeuer.

Take the white of an Egge, and put it in a Pewter dishe, and then labour it with an Allum stone, till it be like a Posset curde: then take a fine peece of linnen, and wet it in oyle of Lilie, or in some other Oyle, then lay the said cloath vpon the sore, and aboue it lay the foresaid curde made of the white of an Egge, and that shall draw out the fire, and heale the sore.

For

For burning or Scalding.

Take foure Egges and rosse them, and take out the yolkes, and frie thē in a pan softely vpon the embers, till they be black, and thereof will come an Oyle, the which saue and put into a Gally pot, and vse it when you haue neede.

A medicine for a burning, for lacke of other things.

Take the berries of Elder tree, and lay them to soze, and it helpeth.

An other medicine for the same.

Take Oyle Olive, and beate it with water til it were very white, and annoint the place.

For a burning with fire.

Take blacke Vernish, and all to annoint the place with a feather, and it will stay the heate, and heale it as faire as euer did medicine, and so vse it till you bee whole.

For a Cancker in a womans paps.

Take goose dung, and Salendine, and bray them well together, and lay them to the soze pap, it will clense the Canker, kill the wozme, and heale the soze.

For the Cancker in the mouth.

Take the iuice of Plantine, vinegar, and water of Roses, and wash thy mouth withall many times.

A receit to kill a Cocke.

Take a red Cocke of three or foure yeares old, and kill him and dresse him fayre, and cut him in foure quarters, bruse the quarters and picke out the fat of them, then take halfe a handfull of red Mints, a handfull of Hartstongue, put them in the pot close, with halfe a pint of Malmsie, fire crops of Hisope, a roote of Parsely, a roote of Fennel, a roote of Endiue, twentie Damaske Prunes, twentie Raisons of the Sun, foure maces, and let it stil twelue houres, and let the pot bee couered with paste, with a platter vnder it, and let the patient drinke it euery morning next his heart.

A medicine for the Collicke.

First take a handful of Rosemarie, as much of time, and as much of Hisope, one ounce of Cloues and mace, and seeth it in a pottle of white wine, and let it seeth till it be consumed to a

quart, then put therein a little Sugar, and drinke thereof like warme, when you feele your selfe pained, and when it is sorden, as before is mentioned, you must burne it as you burne other wine.

For the Collicke in the side.

Take a small wodden dish, and put therein first cold ashes, then lay vpon them hot embers, without great coales, & thervpon strew a great quantitie of Cummin-seed, and sprinckle it with Malmsie, and so doe till the dish be filled: then couer the dish with a faire linnen cloath double, and lay it so hot as you can to your side where the Collicke lyeth, and vse this two or three times, and it will help you. And for lacke of Cumminseede, take red Sage, Cammomell, Hisope, Time, Penerоyal, all of like quantitie, and vse it as the Cummin-seede before.

A medicine for the stone.

Take Pellitorie that groweth on the wall, ground Iuie, Sarcrage, Parsely, Auans, Mallowes, and red nettles, Pepper, Cheruell, and Houseleeke, and boyle all these herbes, of euerie of them a like quantitie in whay, and clarifie the whay with the white of an Egge, and drinke a draught thereof at any time fasting.

Another for the same.

Take halfe a penny-worth of Parsely seed, as much of Radish seed, being well dressed and bruised, and seeth them all in a pint of white Bastard to halfe a pint, and then drinke it milke warme.

Another to breake the stone.

Take Hauthorne flowers, or for lacke of flowers take hawes and distill them, the flowers in may, and the Berries when they bee ripe, take of this water three spoonefuls & three spoonefuls of Malmsie, and a quantitie of Ginger, and drinke it warme.

A medicine not only to break the stone, but also clearely to purge you thereof, if you doe vse this same daily.

Take the Roses of a Hip tree, and pricked Holly leaues, and dry them in an ouen, & beate them seuerally into drie powder, then

then put them together being first searced, and of like quantitis: then put thereto the powder of Grommell seed, & broome-seed, of each a like quantity, being but halfe so many in quantitie as the powder aforesaid: and they being mixt altogether, vse daily a good spoonefull of the said powder in a draught of Ale, Beer, white wine, or Renish wine, euening & morning: and besides that you may vse the same powder in brothes and pottages, the oftner the better: haue alwaies in store a good quantitie of the said powder, you must keep the same alwayes dry, in a pipkin by the fire side: or otherwise.

Another for the same.

Take Parsely, distill it, & vse to drinke the water in white Wine, or in good Ale, and it will destroy the stone, Collicke, Strangurie, and other passions in man or woman.

A medicine for the Collicke and the stitch.

Take the grounds of Malmsie, Sheepes tallow, Ribwort, red Sage, and Alisanders, seeth all these together, and make a plaister thereof, and lay it to the greefe, and annoint you with Dyle Dilles, and Dyle of Baline mixed together.

For the Collicke and the stone.

Take Pellitorie, vnset Leekes, and Mallowes, of each a like quantitie, stampe them, and put thereto a penni-worth of Neates oyle, fry them well together in manner of a playster, put them into a bag of linnin cloth, and being verie hot, lay it to thy bellie and it helpeth within an houre.

And for the stone, lay the same to the reines of the back behind, and it helpeth with speed.

For the Collicke and stone.

Take halfe a pound of Time, as much Parsely rootes, and blades, halfe a pound of Alisander rootes, and seeth them altogether in a pottle of Ale, vntill it consume to a quart, and so drinke it fasting.

For the stone, and for him that cannot pisse.

Take a quantity of Time, Parsely, crops of Fennel, Sinkfoyle, Alisanders, of like quantity, fiue or six cloues of Garlicke: stampe them together and straine them with white Wine or Ale, and drinke thereof first and last, warmed.

A special medicine prooued for the Stone, Collicke, Dropsie Stranguric, and launders.

Take of Ceeny halfe an ounce: Ginger, Annis seede, Licorice, Paces, Nettle seedes, Oeate, Saffron, of each two penny weight, Fennel seede, and Spikenard, of each one penny weight, and three penny weight of Sinamon, make all these in pouder, and drinke thereof halfe a spoonefull at once in posset Ale, or in Pottage.

For the Collicke passion.

Take Annis seedes, Fennell seeds, and Carraway seedes, of euerie of them halfe an ounce Ginger, Galingale, and Sinamon, of euerie of them two dragmes: Cloues, Paces and Cardam, of euery of the halfe a dragme, Setwall foure dragmes, Suger eight ounces, make them altogether in pouder.

For the stone, or stopping of the water.

Take a pint of White wine, and therewith make a Posset, then take all the curds away, and put into the Posset Ale, two pennie weight of the scraping of white Sope, & boile it, then drinke it as hote as you can.

For the Collicke and the stone, prooued.

Take Parsely-seed, Broomeseede, Grommel seedes, Fennell seeds, Annis-seeds, Planten-seeds, and Smallege-seeds, of euery of them a quarter of an ounce, & of Nutmegs halfe an ounce, of Suger tryed, foure ounces, and beate them altogether in a Morter, vntill they be very fine, then seares the pouder through a searcet, and vse to drinke this pouder euening & morning, three dayes in a weeke, with wine or other drink luke warme, and take of this pouder at a time, the quantitie of a great hasel-nut: and if the pain be great take of the oyle of Scorpions, with oyle of Roses, and annoint your side where the paine is, against the fire.

To purge the bladder of him that cannot pisse.

Take Fennell, and the rootes of Allesanders, Parsely, the rootes and te leaues of Harts-tongue, Maiden haire, & seeth them in white Wine, and giue it the patient to drinke, and it will purge the bladder in short time.

For the same.

Take

Take Rew, and Grommell, and Parſely, ſtampe them together, and temper them with white wine, and giue it the ſicke to drinke warme.

For him that cannot well piſſe.

Take a flint ſtone, and lay it in the fire vntill it be red hot and therewith warme your Ale, and then drinke thereof.

To prouocke vrine, and againſt the ſtone.

Take three quartes of Ale, warme it well, let it be ſkimmed thrife, then put to it a handfull of time, and a handfull of roſemarie, and a handfull of Pennyroyall, and let them ſeeth together till one quarter be conſumed or more, then ſtraine the hearbes from the Ale, & drinke a draught of the Ale firſt & laſt warme.

To make one piſſe.

Take a quarter of a handfull of Parſely, as much red Fenell, waſh and ſhred them ſmall, and put them in a cup of Male Ale and make a poſſet therewith, & drinke the Ale, and it helpeth.

For a man that piſſeth blood.

Take Ambros a handfull Burſa Paſtoris, as much, Parſely ſeede, as much ſtampe them altogether, and giue the ſicke to drinke thereof in Goates milke.

To prouoke vrine.

Take a handfull of red Nettle rootes, and ſeeth them in a quart of good ale, till it be conſumed to a pint, and put thereto halfe a diſh of Butter, and let it be cleane ſkimmed before the Butter be put in, and ſeeth it in Alliſander ſeedes, Parſely ſeedes, Grommell ſeeds, being beaten into fine ponder, and ſtrain them through a fine cloath, as much of the one as of the other, and drink there of firſt and laſt.

For the ſame.

Take a quantitie of blacke Sope, and Engliſh Saffron, and temper them together colde, and lay it colde vpon your nauell, being ſpred vpon a broad paper, or read leather, and then lay vpon it a Linnen cloath, of ten or tweluе folded, hote, & roule you with a towell, and ſo lye downe vpon your bed warme, & it will make you piſſe within an houre.

A drinke for the windie Collicke.

Take a quart of Malmſie, and two ſpooneſuls of the pith

of

of Parsely roots, and a handfull of violet leaues, and fiue Bay leaues, seeth all these together vnto a pint, and drinke it morning and euening warme.

To take away Cornes.

Take Marigolds stamped, and lay it vpon the sore, euening and morning, and it profiteth. Or else pare your corne, and lay thereto Turpentine and red were boyled together, and make a playster thereof, and it helpeth.

To do away a Corne.

Take and cut away the Corne, and drop into it a drop or two of a blacke Snaile, and put thereto the pouder of Sandeuer, and it will doe it away.

For the same.

Pare away your Corne as neare as you can, and put into the hole vnslecked Lime asmuch as a Fetch, and couer it with a playster of Ware and Rosen, and let it lie 24. houres.

To make a water against a consumption.

Take a quart of Rose-water, asmuch of womens milke, milke of Goates, of Mares: or of Cow milke, put vnto them thirtie yolkes of Eggs, well mingled together, and thereof Still a water, whereof giue the patient to drinke warme first and last with a Cake of Manus Christi, made with golde and Pearles.

For a Consumption of the reines.

Take Clary leaues and picke them, and frye them with two or three yolks of Eggs, and put thereunto Saffron dried vppon a stone, and grinde it small, and put altogether, and frie them in fresh butter, and eate it warme next your heart.

To make a Gelly for one that is in a Consumption.

Take a Legge of Veale, and cut away the fat, and a Capon or Cocke new killed, and shald him, and wash him cleane, and let the Capon and the Veale lie in water the space of three houres, and seeth them on the fire, with two pottles of faire water, scum it cleane, and as the fat riseth, take it off, and so let it seeth, till halfe the broth be consumed, then put in a pottle of rackt renish wine if you haue it, or else a pottle of white wine, & let it seeth altogether, vntill it consume to a quart, and clarifie

clarifie it with three or foure whites of Egges, and let it run through a gelly bag, and then set it on the fire againe, and put in one pound of sugar, and one ounce of Sinamon grosse beaten, and then let it run through a gelly bagge three or foure times, and after let the patient drinke thereof warme.

For an extreame Cough.

Take Fennell rootes cleane washed, Annis seeds, & a little Liquras, and seeth them altogether in white wine, and take the white wine, and drinke a good draught thereof when you goe to bed, and the next morning take a Fig and a Date, and rosse them, and eate them somewhat whote, and neither eate nor drinke in two or three houres after, and in two or three times drinking it shall helpe you.

For the Cough.

Take eight penny-weight of fine Ginger, & sixteene penny-weight of the pouder of Elicompane rootes, & one ounce of the pouder of Liquras, & two ounces of the pouder of Annis seedes, and three ounces of Sugar Candie, mingle all these together, and vse to eate it when you will at all times in the day and you shall finde ease therein, for this is well proued.

For the Cough, and to drie vp the rume and fleame.

Take a handfull of Sage, a handfull of Bay-salt dried at the fire, a handfull of Commin, a penny-worth of Cloues, and another of Maces, and beate all these & mingle them together, and put them into a linnen bagge the length and breadth of a mans hand, and quilt it, and vse it hot vpon the mould of the head till you be eased: warme it morning and euening, and lay it to your mould againe.

For the Cough of the lungs.

Take a pottle of running water, twentie Figges, a quarterne of the best Sugar, a good quantitie of Liquras & Annis-seedes, a penny-worth of Maiden-haire, a handfull of great raisons the stones picked out, and boyle them vnto a quart, & so warme a little in a stone cruse, and drinke thereof.

For the Cough.

Take Hisope, Horehound, Suger and water, boile them altogether, till it come to a thinne Sirrope, and so vse to eate

thereof euening and morning, and all other times when you thinke good.

For a Cough.

Take a pint of Hiſſope water, and halfe a pint of Roſewater, and a good quantitie of Licoras bruſed, a great ſpoonfull of Annis ſeeds, halfe a pound of white Sugar candie, let all theſe boyle together, till it come to a cleare Sirrope, then put it in a faire glaſſe Trained, and take this ſirrope at all times of the day or night, when you liſt.

For the Cough.

Take a toſte of bread, and make it hote, and put on ſweet Sallet Oyle on both ſides of it, eeate it euerie morning and euening, and it will helpe you.

For the ſame.

Take Barrowes or Bores greace, three or foure cloues of Garlicke, and Rampe them together, and warme and annoint thy feet therewith at thy going to bed, and ſo keepe them hot with a toſted trencher and warme cloathes, and you ſhall recouer.

For the chin Cough in Children.

Take Bores greace, and warme the ſoles of their feet at the fire, and chafe them with the aforeſaid Bores greace, and let them goe to bed, and keepe them warme, and lay cloathes to their feete.

For the Cough and the wheeſing.

Take a pound of Suger candy ſomewhat finely beaten, halfe a pound of Licoras ſearſed, and halfe a pound of Annisſeedes, ſearced, and an ounce of the ponder of ginger, an ounce of Elicompane rootes made into ponder, and mingle theſe together, and take of the ſame ponder halfe a ſpoonefull at a time when you goe to bed, and when you riſe in the morning.

For the Cough.

Take Hiſop, Licoras, Horehound, a little of the rootes of Elicompane, great raiſins, Figges cut in ſmall peeces, and Anniſeedes, boyle all theſe in water, then ſtraine out the water, and drinke it euerie morning faſting.

For

For the Cough, and for stopping at the brest, and to open the pipes, and to auoid much corruption.

Take the roote of Elicompane, and a roote of Radish, and shred them thin, & Peare-wardens, twice so much as of both the others. then put altogether into a new earthen pot, then put thereunto clarified Hony till it ouer-flow the said ingredience: then couer the pot, and paste it that no breath come out, and set it into an Ouen, and let it bake with a batch of bread, and giue the licke thereof a spoonefull at morning, and another at night.

Maister Bakers medicine for the Cough of the lungs.

Take three pintes of running water, halfe a pound of Portingale Suger, with nine Figges, and halfe a spoonefull of Annisedes bruised, a handfull of Raisins of the sunne, cleane washed, hauing the stones picked out, a penny worth of Sayden hayre: let all these boyle together till the one halfe and more be boyled away, and then straine the same through a fine cloth, & euery morning drink two spoonefuls of it luke warme and you shall find present remedy.

For the Crampe.

Take Holy-oyle, oyle of Violets, and of Swines greace, of each like much: and make an ointment and annoint the place.

An excellent salue for a Cut.

Take two handfuls of Bugle which groweth most commonly in woods, and as much Valerian: bruise them very smal, the take a quantitie of Deere sewet, halfe so much vnwrought Wexe, so much of these two as the hearbes may bee boyled therein, then set it on the fire, and when it is halfe boyled, put in a quantitie of the best Turpentine that you can get, then let it boyle till it bee enough, and all the while stirre it well, when it is boyled enough, straine it through a cloath into a vessell, and so keepe it.

For a new cut that will not leaue bleeding.

Take the blades of vnset Lekes, and stampe them and put thereunto Honny and Wheat flower, and stirre them wel to-

gether vntill they be thick: let it come neere no fire, but al cold lay it to the wound, and it will stanch the bleeding, draw out the hurtful blood, and make it cleane.

For the deafenes in a mans head.

Take a quart of Malmsie, a penny worth of Commin, and eight Betony leaues that groweth on the land, then boile all these together, till the one halfe of the Malmsie bee consumed: then take the pot that you boile your medicine in, as soon as the hearbes be boyled, and couer it with a tunnel, and binde it close about the verge, that the heate come not out, then put a quill in the other end of the tunnel, then put the patients eare thereunto, so that the heate may goe close into the head, first the one, and then the other, and whilest the heate is driuing in the one eare, you must stop the other with black woll, & you must haue hot cloathes to keepe in the heate on the other side of the head while that your medicine worketh: then serue the other eare likewise. Youmust vse it three times in the day, that is to say, in the morning, at none, and at night, & so you must continue the space of three dayes & three nights. See that the Patient come not into any open ayre the space aforesaid: and you must put to your Malmsie a quarter of a pint of cleere running water.

A good medicine for deafenesse, vsed by Thomas Steeuens of Bushton.

Take Bay berries, Bay-leaues, Betony, and Sticards, of each of them one handfull, seeth them in white wine to the halfe, and for an olde man in Malmsie: then put it into a vessell that hath a narrow mouth, and holde your eare ouer it being vnstopped, so that you may suffer it, being neither too hot nor too cold: then take oyle of bitter Almonds, and let it drop thereof two or three drops in your eare, and alwaies haue a locke of fine blacke wooll that groweth betweene the Sheepes legges, to stop close your eare therewith: wherein if you put a little Muske, it will be the better.

A soueraigne medicine for the paine and buzzing in the head, which hindreth the hearing verie much.

Take

Take one clous of Garlicke, pill it, and pricke three or foure holes in the middeſt, and dip it in fine Engliſh hony, and put it into your eare, and put a little black wooll after, and lie vpon your other ſide each night, and ſo let it continue in your eare for the ſpace of ſeuen or eight daies, and it will expulſe the humors at your noſe, expell the paine, & reſtore the hearing

For the paine in the eare.

Take two handfuls of Sage, one handfull of Hiſop, and halfe a handful of Roſemary, put theſe into a little pillow boiled in Roſe vinegar, Aqua vitæ, and Roſewater, and lay it to your eare as hot as you can ſuffer it.

An oyntment for a ſwelling.

Take a good quantitie of Smallage and Mallowes, & put thereto two pound of Boares greace, one pound of Butter, and a quantitie of Neates foote oyle, ſtampe them well together, then fry them, and ſtraine them into an earthen veſſell.

To make a drinke for an extreame heat or drought.

Take a pottle of faire water, a handful of Succorie, a handfull of Endiffe, a handfull of Violet leaues, a handfull of Burrage, halfe a handfull of Lettice, two Fenell roots, two Parſely roots, put them all in your pottle of water, and let the ſeeth from a pottle to a quart, then take it off, and put a little Suger to it, and let it haue two wallops more, then drink of it when you thinke good.

To make a diet drinke.

Firſt buy a diet pot, and fill him full of Conduit water, lacking a quart: then put to the water a quart of White Wine, and ſet him ouer a ſoft fire of coles, then put thereto a pound of Licoras ſcraped and cut in ſmall peeces: halfe a pound of annis-ſeedes bruſed, halfe a pound of Ligna vitæ, bought at the Turners, & an ounce of the barke of the ſame, which you may haue at the Apothecaries, then let all theſe boile together, an houre & a halfe, ſo that one part of the liquor bee boyled away, then take and ſtraine it into a fayre veſſell, and keepe it cloſe, and drinke thereof firſt and laſt a pottle draught warme.

A water for the eies.

Take kindely Roch Allome white, a ſmall quantitie of Red

Role water, and the iuice of red Fennell, and the white of an Egge well beaten, and take off the scum of the Egge, and beat them together: then straine it through a fine cloath, then dip your finger in the water, and let it drop into your eye.

Good for the sight.

All this is good for the sight: red Roses, Veruaine Rootes, Fennell, Sallendine, Pimpernell, Oculus Christi, to wash your eyes with cleere water, or to looke vpon greene colours, measurable sleepe, to looke in a faire glasse, oft washing of your handes and feete, and it maketh your meat disgest well.

Ill for the eye sight.

To studdie after meate, Garlick, Onyons, Lekes, Lettice, too suddaine going after meate, wines, hote or cold aire, drunkennesse, gluttonie, Pilke, Cheese, much beholding of bright thinges, and as euill red thinges as white: much sleepe after meate, too much walking after meate, and too much letting blood, colewortes, fire, dust, too much weeping, and ouermuch watching.

A speciall good water for the eyes.

Take a new laid Egge, and roste it hard, cut the shell in the middest, and take out the yolk, and put in a peece of white Coperas where as the yolke lay, and binde the Egge together againe, and let it lie in the fire vntill the Coperas bee dissolued in water: then take the white out of the Egge, and cut it in small peeces, and let it stand a while, then straine it through a fine cloth, and keepe it in a close glasse, and dresse the eye euery morning and euening.

To kill the pin and the web in the eye.

Take a quantitie of three leaued grasse, as much red Fennel, as much red Sage, as much Dasses, the white of an egge beaten, and the froth taken away, halfe a spoonefull of Hony, stampe all the hearbes together, and then take the iuice thereof, and put thereunto the white of the Egge, and the hony, and then stir them together, and drop the same into the eye of the patient: then take a plaister of Flaxe tow, and dip it in ỹ said medicine, and lay it vpon the eye of the said patient, & binde it fast, and let it remaine so an houre at euerie time of dressing.

An

Another for the ſame.

Take the leaues of Salendine and ſtampe them and ſtraine them: then put one drop of the iuice therof in the eye, and it will helpe by Gods grace.

For the web in the eye if it be olde.

Take the red Pimpernell and Euphraſia, and ſtampe them in a Morter: & then frie them with Capons greace in a cleane pan: then wring it through a cloath into a veſſell of braſſe: and let it ſtand therein three daies after, put it in a bore of horne or tinne, and take therof and put it in the web of the eye: This Medicine is ſoueraigne.

A good medicine for the eyes, being either Pearle or Web.

Take three leaues of Daſies, and Pouch-wort alias Burſa Paſtoris, and the Cheſt lops, alias Mow liſſe: ſtampe them together and ſtraine them in a little good Ale: drinke of the ſame three ſeuerall mornings two houres before you riſe, and you ſhall finde eaſe. Notwithſtanding your eyes will be ſore, then waſh your eyes with cleare running Water: then drinke of your drinke two mornings againe: and you ſhall be whole and finde great eaſe by Gods grace.

A water comfortable for the eyes.

Take the iuice of Euphraſia, or elſe water made of it: for it is the beſt hearbe that can be for the eyes, what way ſoeuer you can take it.

For ſore eyes.

Take rotten Apples and ſtill them: and with the water therof waſh your eies, and it will purge and cleanſe them, and cleare your ſight.

For the ſame.

Take Coperas and lay it in running water and ſtraine it: and when you goe to bed, ſtrike the brees of your eyes with the ſame water, and let it drop into your eyes.

A water verie good for the eye-ſight.

Take Roſe-leaues, a great handfull of red Fennell: Vervaine aſmuch: Rewe a handfull: Salendine aſmuch: and ſtill them together: and you ſhall haue a good water and comfortable

for table for your eyes.

A drinke for the eye-sight.

Take a quantitie of Iuie that groweth vpon the Ashe: a quantitie of the rootes and leaues of Mallowes in the field: also a quantitie of Fennell, and a quantitie of thre leaued Grasse: all these being washed cleane, stamps them and straine them with a pint of stale Ale: and drinke thereof euening and morning: or at midnight for a season.

A perfect water for the eye-sight.

Take Sage, Fennell, Verueine, Betony, Euphrasia, or Eye-bright, Pimpernell, Sinckfoyle, and Yearb-grace, and lay all these in white wine all night: and then still them in a Stillatorie or glasse: &c. This water is speciall good.

For the Emrodes, and to dry vp any sore.

Take the broad Nemphane leafe, commonly called Canel-leaues, which growe in waters: wash them cleane, put them in a paper, and fry them in the embers, and apply them as hote as may be suffered, and make them in pouder, and cast them into the sore and it helpeth.

For the same.

Take redde Worts and seeth them in a pot: then take the pot and set it vnder a close chaire and sit ouer it, & lay warme clothes about the chaire, that no ayre may goe out, and so sit ouer it till it be colde, and then annoint the members with the liquor.

For the same.

Take a plate of Lead, and rub thereon a quantitie of bores greace, for a man, and Swines greace for a woman, & wash it with white Wine, and annoint the Emrodes.

A medicine for a red and high coloured face.

Take vine leaues, Strawberries and Creame, and put two penny-worth of Champhire vnto it: then put it in a stillatorie with the aforesaid leaues, and distill it: and take the water thereof, and wash your face therewith morning and euening for a certaine space, and it will take away the high colour of the same.

Ano-

Another for the ſame.

Take Cowcombers, and pare them cleane, and cut them in ſlices, and ſtill them, and with the water that commeth of them, waſh your face daily, three or foure times in the day: if you haue none of the water, then take the Cowcumber it ſelfe, and pare him and rub your face therewith.

A medicine to deſtroy heate in the face, or in any other place, though it be Saint Anthonies fier.

Take a quart of Smiths water, a handfull of Sage, a handfull of Elder leaues, or of the greene barke, a penni-worth of Allom, and ſeeth them altogether from a quart to a pint, then put it in an earthen pot, and annoint the patient.

For the pimples in the face.

Take wheat flower mingled with Vinegar and Hony, and lay vpon them, and it will cleanſe them.

Good for a fellon.

Take Sage, Rew, Snailes, Bay ſalt, and Bacon, and beat them together, and then lay it to the Fellon, and it ſhall helpe you.

For the ſame.

Take hearb grace, Parch, and white Mortes, ruſtit Bacon, a little butter, a houſe ſnaile, mingle them together, and make thereof, a plaiſter.

A medicine for biles, Fellons and vncomes.

Take Wheate flower, Bores greace, Haye butter, and Sage, and ſtampe it together, and make a plaiſter thereof, and lay it to the Bile, or Fellon, and it will both ripe it and draw it, and if it be fryed, it will worke the better.

To ripe Biles, Fellons, and Vncomes.

Take a pinte of ſweet Milke, and ſet it ouer the fire, and put thereunto a quantitie of sheepes ſewet, ſmall chred, and a handfull or two of Oatemeale fine beaten, and let all theſe ſeeth till it ware verie thicke, ſo that ye may ſpread it vpon a faire linnen cloath, & lay it as warme as you can ſuffer to the ſore, and it will quickely ripe him, and breake him with out great paine, then when he is broken, lay a little Turpentine vpon a peece of white leather pricked full of holes, and it will

draw and heale it.

A gargresse for fleagme.

Take a quantitie of Endive water, & as much Honysuckle water, a good spoonefull of pure Mustard, a spoonefull of hony, two spoonefuls of Vinegar, and a little pouder of pepper, two or three braunches of Rosemarie, and the leaues of Sage, and put all these together, and heate them vpon a Chafingdish of coles luke warme, and let the patient put a spoonefull at once in his mouth, & hold his head vpwards, and wash his throate therewith, and it shall make him voide much fleagme, let him take thereof as oft as he shall thinke good.

To breake the fleagme, and for the cough.

Take a pint of Isope water stilled, one quart of good Muscadine, three or foure good races of ease Ginger, pare them cleane, and cut them in slices, and twise so much Licquorice, and pare it likewise, one good handfull of sugar-candie grosse bruised, put all these premises together in a glasse, and shake them together and stop it close, & let it stand foure and twentie houres, then drinke thereof at your pleasure.

To breake fleagme.

Take Butter without salt, and hony, of each a like quantitie, and a few bitter Almonds, blaunch them and beate them fine, and eate a little euerie day.

For the same.

Take Smallage, and seeth it in Vinegar, then take the vinegar and wash your breast withall, and then take the Smallage and put it in a cloath, and binde it to your stomacke three houres.

For the same.

Take Sorrell and stampe it, and straine it, then take the iuice and temper it with olde Ale, and drinke a good quantitie in the morning before you rise out of your bed: then take a sleepe after, and you shall deliuer fleagme wonderfull to see for the quantitie.

A medicine for the flixe or laxe.

Take Egges and rosse them hard, then take the yolkes of them and straine them with red Wine, and put therunto Sinamon,

namon, then seeth them together, and drinke it as hot as you may suffer it.

For the same.

Take Wheate flower, and the yolkes of Egges, with the iuice of Plantine, and make a cake of it, and bake it in an Ouen, and eate it as hot as ye can, and drinke thereto red Wine or respice all hot, or else the iuice of Plantine, for it will binde him.

A Cawdle for the bloody Flixe.

Take a pint of red Wine, and the yolkes of fiue new layed Egges, a good quantity of Sinamon, and a little Suger, the pill of a Pomegranet dryed, and beaten to fine powder a good quantitie, and boile all these in a faire platter vpon a Chasingdish of coles, till it bee somewhat thicke, then let the Patient eate of it morning and euening, [illegible] as oft els in the day as his stomacke will serue him thereto, and it shall stop him, bee the Flixe neuer so great.

A singular medicine for the bloodie flixe.

Take as much fine cloath as will make a suppositarie, being wrapped round together bottome wise, then wet the same in the best Aqua vitæ or Aqua composita, & let the party greeued conuey the same into their Fundament, and it will help them God willing within three or foure dressings, this is prouued, and hath holpen many that haue been brought very low, and iudged past cure.

Another for the same.

Take a peece of Allome, as much as a Walnut, put it in a pint of new milke, and seeth it on the fire till the Milke turne to a curde, then take off the curde as you doe the Posset Ale, then take the liquor that remaineth, and put vnto it a quantitie of the powder of the pil of a Pomgranate, and Sinamon fine beaten, and let them drinke it, and it will stop them, & if they eate of the curd they shall bee staied the sooner.

For the bloodie Flixe.

Take Almonds, skinnes, and all, and stampe them small, and take the water of hooked Barlie sodden, and make thereof milke, and put therein skinnes and stoneches of Pomegranats,

being stamped to pouder, with a little Sugar, and so eate the same euerie morning and euening, & put gaddes of steele that hath been made red hot in the fire into their drinke.

To stop the bloody flixe.

Take a quart of Beanes dried ouer the fire, so that ye may make pouder of them, then bruise them in a morter very small and boult them, and take a quart of good Ale, and a quantitie of flower, & so seeth them both together, and let the patient eat thereof at night as hot as may be suffered.

For the bloodie Flix.

Take a pint of running water, and a pint of warme Milke as it commeth from the Cow, & put them together, then put fiue or sixe flint stones in the fire, and when they bee red hote quench them in that liquor, then put them in the fire againe, and quench them againe three or foure times therein, till the liquor be halfe consumed, & let the partie drinke of it warme.

A medicine for the falling of the fundament.

Take red nettles, bray them well, and put them in an earthen pot, and put thereunto a good portion of white wine, and seeth it till the halfe bee wasted, and giue it the sicke to drinke first and last alwaies warme, and lay the hearbes to the Fundament as hot as ye can suffer it.

A plaister to heale a goutie Legge, a wound or sore whatsoeuer.

Take a Handfull of Mallow leaues, & another of Groundsell, put them in a Posnet with faire water, and let them boile till they be sodden so tender, that yee may make a plaister of them, then put the liquor from the hearbes, and straine them through a strainer vppon a platter, and set the platter vpon a Chafingdish of coles, then put thereunto a quantity of Beares sewet, or sheepes sewet clarified, and vnwrought ware, fallet-oyle, turpentine, and rosin, let all these boyle vpon a Chafingdish of coles vntill they be thick, then straine all the said stuffe through a linnen cloth into a vessell that you will keepe your salue in, and so let it stand vntill it be colde, then vse the same being spread vpon a cloath, and you shall finde ease by Gods grace, and helpe.

A plaister for the Gout or ache in the ioyntes, wherewith the Lord Rich was cured, when all Chirurgians thought him to be vncurable.

Take halfe a pound of vnwrought Were, halfe a pound of Rosin, an ounce of Olibanum, a quarter of a pound of fine Littarge of gold, three quarters of a pound of white lead, beaten to pouder, and searce it through a Sercer, and take a pint of oyle of neates feete, and set it on the fire in a small Vessell, with the Were and Rosin, and when it is molten, then put thereto the other pouders, & stir it fast with a sticke, and then put a little of it vpon a pewter saucer, and if it bee hard being so tried on ỳ pewter saucer, then take it from the fire, and annoint a faire boord, with some of your oyle of neates feete, and as you may handle it for heate, worke it as it were Cordyers were, and make it in great roles, & make plaisters of it with a chafingdish of coales, and spread it thin vpon a linnen cloth or leather, and lay the plaster warme where the paine is, and so renew it morning and euening vntill you bee whole, or till the ache be driuen into some other ioynt, and then take the plaister, and lay where the ache is, and beware of the colde, and hot Wines.

A medicine for the Gout.

Take foure handfulls of Mallwoort, and one handfull of Horehound, and bray them in a Morter, and put their iuice to one pint of Swines greace, and boyle them on the fire ỳ space of halfe an houre, then straine it faire for it is good for all cold Goutes in the armes, legges, or feete, and for all griefes in the bones that commeth of colde.

A drinke for the Goute festered.

Take a quantitie of Archangell, Betony, Veruin, of each like much, and boyle them in Wine, and let the sicke person drinke thereof first and last, and it helpeth.

A plaister for the same.

Take a Saucer full of the iuice of Smallage, another of Wormewood, hony, salt and vinegar, and mingle them well together, and doe thereto a quantitie of rye flower, stirre them

fast together, and boyle them and make a plaister on a cloath, and lay it to the sore, vse the drinke aforesaid, and the plaister, and it will helpe by Gods grace.

Good for the heart.

Saffron, Burrage, Muske, Cloues, Galingall, Nutmegs, the red Rose, Violets, Suger, Maces best of all.

Ill for the heart.

Beanes, Pease, Leekes, Garlicke, Onions, sadnesse, anger, dread, too much trauell, to drinke colde water after trauell, and euill tidings.

A medicine for the passion at the heart called Tremor cordis.

Take the powder of Burrage flower, the powder of Nutmegs, white Amber likewise in powder, the bone in a Stags heart, the powder of Sinamon, all these powders drinke inke warme with Beere, Ale, or Wine, euening and morning, and the partie greeued shall finde ease. These things must be proportioned by good aduise.

A medicine for a continuall headache.

Take Betony water, and take a cloth three or foure double, and but three fingers broad, wet it well in the Betonie water, and lay it to your fore head colde. Let the cloath being wet come round about the head, and tie it fast, and three or foure times thus doing, it will helpe thee, and when the cloth is dried, wet it againe.

A medicine to clense or purge the head.

Take Pellitorie of Spaine, & chew the roote in your mouth three dates at times, and it shall doe away the ache, and fasten the teeth in the gummes.

A medicine for the paine in the head.

Take a Rose cake, cut it in length and breadth of the fore-head, then take Rosewater and vinegar of like quantitie, as hote as you may suffer it, lay it to the fore head.

A medicine for the winde in the head.

Take a handfull of flowers of Cammomell, and halfe a handfull of powder of Cummin & mingle them together: and make two bagges of the breadth of your eares, and lay them there-

thereunto.

For the head ache.

Take the iuice of Rew, and put it into the noſethrills, for it getteth out the fleagme, and cleanſeth the braine, the hearbe ſodden in Wine doth the ſame.

For the Megrime or head ache.

Take foure or five Nutmegs, and pare and ſlice them as you would pare and ſlice Ginger thinne, then make two little bagges of linnen cloth, of the length of your finger, and put in the Nutmegs, then take a quantitie of pure red Roſe-water, and lay your bags in the ſame water in a diſh vpon a chafingdiſh of coles and make them hot and lay them to the Temples of your head.

A medicine for the megrime, truly prooued.

Take halfe an ounce of Pepper, two Nutmegs, halfe a quarter of an ounce of graines, one pint of Winegar, and a handfull of Roſemarie, & boyle altogether, betwixt two platters vpon a Chafingdiſh of coles, and then take a cloath, and put it ouer your head, and hold your head cloſe ouer it till it be boyled well neare all away, and by Gods grace it helpeth.

For the Megrime.

Take fiue leaued graſſe, and Mozell that is called S. Marie hearbe, euen portions of theſe two, & Betony as much as of both the other, & beate all theſe in a morter, & take the iuyce of them, and put to the ſame iuyce as much May butter, as the quantitie of the iuice, and thereof make an ointment, and annoint therewith the patients browes when he goeth to bed.

Another for the ſame.

Take bole Armonicke, Sanguis dragonis, and Terra ſigillat, of each like quantitie, and beate them in pouder, then to make a plaiſter, take flare and lay it vpon a ruſſet paper, as broad as you will haue your plaiſter, & take the cleare of an Egge, and lay it vpon the flare, & then take the foreſaid pouder, and caſt it on that ſide of the plaiſter that ſhall lye nere your head: and put one folde of ruſſet paper, or elſe a linnen betweene your head and the medicine, or elſe it will cleane

verie

herie sore to the haire of your head, and this medicine is well prooued.

A good medicine for the Megrime in the head.

Take leather shallomed, so broad as your fore-head, and in length from Temple to temple, raise the same leather, but not through, thereupon lay the yole of the white of an Egge, then take of the apotheraries Sanguis Dragonis, beate it into pouder and scatter the same vpon the yole thinly, and this done, lay it vpon the forehead, not taking it away till it be ready to fall away of it selfe.

A medicine for the blacke Iaundis.

Take Wheate straw and lay it abroad vpon a faire floore, in a close house, and put in Geese, and watch when they dung, and take it vp whole, and with a knife scrape off the white that is about the dung, till you haue a quantitie thereof, then drie it in an ouen, and make pouder thereof, and drink it morning and euening in Ale warmed, and that will cure both the blacke and yellow Iaundis.

Another medicine for the blacke Iaundis.

Take the hearbe Ambros, Betony, Mugwort, of each of them a handfull, of Centorie halfe a handfull, & three or foure Docke rootes, cleane washed and scraped, and stampe all these together in a morter till they be indifferent small beaten, then take Spicknell, Turmericke, and Galigarie, of each of them like quantitie, and stampe them likewise in a morter, then put the hearbes in a cleane linnen cloath by themselues, & the spices by themselues, and tie them fast with strings, and hang them in a gallon or two of Ale when it is new and readie to be tunned, after three or foure daies drink euery morning next your heart a good draught thereof, and drink no meate nothing two or three houres after, and doe so likewise when you goe to bed, and no doubt by Gods grace it will helpe you.

For the blacke Iaundis M. Anthony Cox prisoner.

Take the gaule of a Rauen, and drie it, and grate it into pouder: take a quantitie in a spoone, and temper the same with Beere or Ale together, and drinke it fasting in the morning.

A medicine

A medicine for the yellow Iaundis.

Take a handfull of red Nettle crops, and seeth them in a pint of Ale, and drinke the same being strained, three or foure daies together.

Another for the same.

Take hard Spanish Sope, a little stale Ale in a cup, and rub the Sope against the cup bottome, till the Ale be white, and sone it in Iuncie, and let the patient drinke thereof first and last till he be whole.

For the same.

Take Valentine leaues and put them into your hosen next your feete.

A medicine for the yellow Iaundis.

Take a bigge Apple, and cut the top, so as it may cover the Apple againe, and take out the core, and put into it some fresh Butter, and a good deale of Turmericke, & a good quantitie of English Saffron, and roste it very tender, and let the sicke person eate of it three or foure mornings together, or more if need be.

For the same.

Take a quart of white Wine, a great handfull of Valentine leaues, and boyle them to a pint, but in Winter take the rootes, and drinke thereof morning and euening warme.

For the yellow.

Take Bay salt, Otes, and Cammin, and bake all these, and make two bags thereof, and as hote as may be suffered, lay the one after the other to the plaw of crowne of the head, and so vse it a good while.

For the same.

Take sharpe lemmen, and bay salt vpon it, rolue, and put it to the yellow, and it will helpe.

A verie good medicine for an itch.

Take Docke rootes, and beate them, bruse them and fry them with fresh butter, & annoint the patient with the salue, and in fine or fiue times vsing it will helpe you.

To make one seeme young, long, to purge the wind and cleere the sight.

Make powder of Fennell, Annis, and Elicompane, and temper them with Aqua-vitæ, and drie them againe, and eate a quantitie thereof morning and euening.

To make a Whay Laxatiue.

Take a pint and a halfe of clarified Whay, halfe an ounce of Sennie, 3 greates worth of Annifeedes, halfe a handfull of Hops, Burrage, Buglas of each halfe a handfull, and a little Fumitorie, and seeth all these in clarified Whay, vntill it be halfe consumed, and drinke it two mornings.

A good plaister for the festered legges that haue beene long sore.

Take March, and wilde Tansie, Plantine, and the great Mosell Honey, and the white of an Egge, & milke of a Cow that is of one colour, and barley flower, and thicke all these together, and bray the hearbes in a morter, & after that mingle the rest with the hearbes.

For the stopping in the Liuer.

Take the broth of a Chicken, of Mercurie, & Succorie halfe a handfull, and a few great Raisons, and picke out the stones, and let all these boile together: then take a few bitter Almonds and blaunch them, and beate them, and with the same liquor make Almond milk, and so vse to drink it euerie morning first.

Another for the same.

Take Madder rootes, boyle them in halfe a pint of Ale, and let it seeth to a draught, and let him drinke it in the morning fasting, twise in a weeke.

For the same.

Take Turpentine of Uenice, to the quantitie of a Beane, and put it in a spoone, and holde it ouer the fire till it doe melt, then put thereto a little white sugar, and let him eate it euery day fasting.

For heat in the liuer, and drynes in the hands.

Take a quantitie of Strawbery water filled, seeth therein a quantitie of Liuerwoort, and drink it with as much Sirrop of Pints.

For the heate in the Liuer.

Take Saunders, and good strong Uinegar, and beate them

hote,

hote, then take the ſcarlet in graine, and dip in the ſame, and ſo lay it to the ſpoune of your breſt, on the right ſide.

For the Pluriſie.

Take Brooke lime, Sheepe ſewet, and a little faire water and fry them together in a frying pan, and make thereof a plaiſter, and lay it to the patients ſide, and it will draw out the corruption.

For the Pluriſie or ſtitch.

Take Aqua vitæ, and Capons greaſe, boile them together, and dip therein blacke wooll, and lay it hot to the ſtomacke, and it will eaſe the ſtitch.

For the Lungs.

Take the Lungs of a Foxe, and drie it to powder, and put a quarter of a ſpoonfull into a little Almond milke, or broth, and eate it, and it is verie good to preſerue the Lungs.

For the pricking of a thorne, or needle in a ioint, and the hole be ſtopped againe.

Take fine bolted flower of Wheat, and temper it with white wine, and boyle it together vntill it be thicke, and lay it on the ſore as hote as you may ſuffer it, and that ſhall open the hole, and draw out the venome or filth, and eaſe the aking, and heale and cloſe it vp againe: and for lacke of white wine, yee may take Ale or Wort: and this medicine is good to heale a byle, Whitlow or Vncome.

An eaſie Purgation.

Take a pint of White wine and one ounce of Cenny, and a good handfull of Raiſons of the Sunne, the ſtones being taken out, & halfe a ſpoonefull of Annis ſeedes: put all theſe into the ſaid white wine a whole night, and the next morning boyle it to a draught, and ſo let the perſon drink it luke warme, and if you will, you may put thereunto three or foure rootes of Polipodie of the Oke.

An eaſie Purgation.

Take two pound of Figges, and put them in a gallon of fine wooꝛt of Barly Malt, put thereunto two ounces of the ponder of Licoꝛice, an ounce of Sugar, when the Figges are boyled, bray them ſmall in a Mooꝛter, & draw them through a

strainer, and let it boyle againe, and cast thereto a pint of the best Oyle Olive when it is well reysed: an ounce of Raisons or Currants, and eate this with light bread.

A plaister to be laid to the same side that the melt is in.

Take a good quantitie of new wheat branne, a much Annis seeds, & beate them small in a morter, then in a pan mingle them with Vinegar vpon the fire, till it be like a plaister then put it in a linnen bag of two handfulls long and one handfull broad, and make it thin and warme, lay it to the five where the melt is, and role it fast, and in the morning take it away and then wash the five with his owne water, and drinke again, vse this order foure nights.

For the Morphewe.

Take and drinke Elder water nine daies three spoonefulls, and euerie day looke that yee sweat, then take three or foure oke Apples, and lay them in white Vinegar foure & twentie houres, and then wash the body with vinegar, and it helpeth.

Another for the Morphew.

Take the iuice of Salentine, and mingle it with the powder of Brimstone, and lay it where the Morphew is, all colde.

For the Morphew, white or blacke.

Take Betony, Hartstongue, Sage, Plantine, red Fenell, water Cresses, of euerie of them one handfull, of hearb Benet halfe a handfull of the leaues, of Mercurie an ounce: and still these and drinke euerie day fasting foure spoonefuls thereof, and walke an houre after vpon it.

To clense the mouth, and to fasten the teeth.

Take Sage and Woodbine leaues, of each a handfull, a good spoonefull of Honie, a peece of Allome as big as a good Walnut, boyle all these together in a quart of running water to a pinte, and wash the mouth with this water luke warme three or foure times in the day.

For to destroy a Ring-worme.

Take a red docke roote, and let the roote bee pared, & when it is pared, lay it in vinegar, till it be well steped, & then rub it well vpon the Ring-worme: and if it be verie ranke, take the pow-

powder of Brimstone, and lay it in the vinegar and temper them well together and then rub well the Ring worme withall, and it shall destroy it.

A medicine to kill a Tetter, Ring-worme, or any kinde of Itch.

Take Sallet Oyle and Salt tempered together, and bring luke warme, annoint the sores therewith.

A restorative which diuers Noblemen haue vsed, and hath prolonged their life.

Take foure a pound of Cay Dates, cleane picked, and the stones taken out, & cause them to be sodden in a pint of Muscadine, till the wine were somewhat consumed: and keep it in a glasse, and thereof ordinarily put in their pottage three or foure spoonefuls at once, when they dine at any booth euerie meale.

To heale the vessell wherein Nature lyeth, if it be broken.

Take the huskes of Ladies, or Acornes dryed, and beaten to powder, take a spoonefull, and drinke it in the morning with a little warme Ale, and lye in your bed an houre or two after.

For the Palsie.

Take a handfull of Sage, a handfull of Sothernewood, a handfull of Spike, a handfull of Lauender, a gallon of running water, and boyle all these together, till it come to a pint and a halfe, then straine it & put it out into a stone cruse, and take euerie time thereof foure or fiue spoonefulls in a sawcer luke warme, and gargle it in your mouth to and fro, and after spit it out, and in like manner put foure or fiue spoonefuls in a sawcer luke warme, & so chafe that part of the body which is pained with the Palsie, with a spunge dipped in the said water.

Another of the same.

Take powder of Pepper, & powder of Pellitorie of Spain, and powder of Iuie of each an ounce, and powder of Sage two ounces, and vse this powder in thy pottage.

For lamenesse in the side comming by Palsie.

Make a bath of Sage and Hope, & boyle a great quantitie of them together, in running water, & bath the side which is so with it, and bind the heathes to it so hot as you can suffer it.

A medicine verie good for those that be taken with the Palsie, though not the shaking Palsie.

Take the blood of a Fore warme, as it commeth from the Fore, the blood about the heart is best, but all the rest is good: and with this blood all to chafe the place that is taken, and then take the skinne of that Fore, and put the raw side neere where the Palsie is: and it must lie to it at the least twelue houres: and in the meane time till you can get the Fore, chafe the numbed place with oyle of elitte, or Aqua composita, this medicine of the Fore is speciall good for the Palsie, and hath beene well proued.

For the Palsie that taketh away the speech.

Take Sage leaues, & Primrose leaues, and if it be Winter, vse Primrose rootes, then beate sage and the Primrose leaues together, of each like much, straine it with Ale, the giue the Patient to drinke a good quantitie. This is well proued.

For the same.

Take Sage and drie it betweene two warme Tyles, and lay it to the nape of your necke, and binde it to the wrists of both the armes: then take a Nutmeg and slice it thinne, and lay one slice aboue the tongue, and another vnder the tongue, and so vse it as often as you thinke good, and by the grace of God it shall doe much good, the necke, and the wrist must be annointed with Oyle of Spike or the water of Spike.

A medicine for the Palsie.

Take Lauender, Spike, and Sage, and still them, and drinke thereof a good quantitie euerie morning, being warme either in Ale or other wise: take also Sage and Betonie, and put them betweene two dishes vpon a Chasingdish of coales, and sprinckle them with good Malmsie, and so apply them warme to the nape of your necke, and the wrist of your hands.

A medicine for the Palsie.

Take the beardes of the heads of vnset Leekes, and wash them cleane: take a quantitie of running water, and seeth them therein till they be somewhat tender, then bray them wet in a linnen cloth, & wring them as small as you can, then take a

good

good peece of freſh butter, boyle them therein vpon a Chafingdiſh of coles, and put in a good quantitie of Engliſh Safron, and boyle them together, and when it is well boyled, ſtraine it through a faire cloth into a glaſſe, and keepe it, and when you will occupie it, make a plaiſter thereof vpon a linnen cloath, and lay to the to the griefe.

To ſtench the bleeding of the Piles.

Drinke the iuice of Wilſople, for that is prooued: alſo doe thereunto the pouder of burnt Garlicke, & the piles ſhall die.

To deſtroy the Piles.

Take Oyle of Roſes, and Frankenſence and Henp, and make an oyntment of them, and put it in with thy finger into thy Fundament: and put thereunto mirrhe, and often annoint the Fundament therewith, and let the breath thereof goe vp into thy Fundament.

A true medicine for the Pyles.

Take blacke wooll, and blacke Sope, and binde it thereto.

To make a ſalue to bring wounds that rancle and ake into their owne kinde and eaſe the burning and aking.

Take the iuice of Smallage and Plantine like much, take Honey and the white of an Egge like much, and put to them boulted flower of wheat, and ſtirre them well together vntill they be thicke and let it come neere no fire, but all colde, and raw, lay it to the ſore, and it ſhall cleanſe the wound, and eaſe the aking, and bring it to his kind, and heale the wound faire, this is a principall ſalue.

For a wound that is ouer healed, and ſore vnderneath.

Take barlie meale, the white of an Egge, and Honny, and mingle them together, and make a plaiſter thereof, and apply it to the ſore, and it helpeth.

A plaiſter for a greene wound.

Take flower and milke, and ſeeth them altogether till it be thicke, then take the white of an Egge, and beate them together, and lay it to the wound, and it will keepe it from rancling.

To

To make Millonitret to cure any green wound or Vncome or others, whatsoeuer they be.

First take two pounds of Rosin, halfe a pound of wax, halfe a pound of frankensence, a quarter of a pound of sheepes sewet clarified, put them into a fayre pan, then take a pottle of the iuice of Millonet, boyle these aforesaid stuffe with a soft fire, till they be moulten, and stirre them a prettie while, then put thereunto the iuice of one Millonet, and stirre them till they be colde, and let them stand a day or two, then melt it againe with a soft fire: and when it is molten, put thereunto a pint of red wine, and stirre it till it be colde, that you may worke it with your hand, and make it in roles.

A water to cure all manner of wounds & sores, be they neuer so sore and stincking, and all manner of cankers in the nose, mouth, throte, or where soeuer.

Take a handfull of red Sage, a handfull of Valentine, and as much of Wodbine flowers with the leaues: take a gallon of running water and put the hearbes in it, and let them boile to a pottle, then streine them through a straines, and take the liquor and set it ouer the fire againe: then put thereto a pint of English Honey, a good handfull of Roch alom finely beaten, a penny-worth of grapes grosely bruised, & let them boyle altogether three or foure walmes, & then let the scum be taken off with a feather, and when it is colde, put it in an earthen pot or bottle, so as it may be kept close, and for a green wounde take of the thinnest of the same water, and for an olde sore, of the thickest, the water being first well shaken together, and after that you haue cleansed the olde sore with white wine, take a quantitie of fine lint, and the same being well wet in the faire water, doe you there with oftentimes bathe your said wounde and with the said lint in the end couer the wounde: & if there be any holes in the said wounde, fill them with Lint made teat wise, and so after couer the whole wounde with a peece of a blather, the more better to continue your lint in moysture, dresse your wounde twise a day, in the morning, and in the euening, and it helpeth.

A medicine or drinke for him that is burſt in the belly or coddes.

Take a knuckle of Veale, a pottle of white Wine, halfe an ounce of Mace, halfe ſo many Dates, halfe a pound of Raiſons of the Sunne, a handfull of Camfrey, a handfull of Polipodium alias Fearn of an Oke, a handfull of Sparoking alias Knotwort, take all theſe and put them in an earthen pot, and ſet on a Kettle of water of fiue gallons, and ſet the earthen pot in the water, and ſtop it with paſt verie cloſe, and let the Kettle be kept ſeething fiue or ſixe houres with the earthen pot therein, and keepe the Kettle ſtill full with other ſeething water, then take all theſe and beate them in a Morter, ſtrain it, and giue the patient of the liquor thereof both faſt and faſt.

For the tooth ache.

Take a pint of white wine, halfe a handfull of Lauender cotten, and ſeeth them together till the wine be halfe ſpent, then put into it halfe a ſpoonefull of bay ſalt, then let it ſeeth a little, then take a ſpoonfull of the liquor, and put it in that ſide which the paine is in, and keepe it in thy mouth, and then put another ſpoonefull in, ſo one after another, and it will help thee.

A good drinke to put out the ſmall pox or Pimples.

Make a poſſet of Ale with milke, and the curd being taken off, take red Fennell the quantitie of a ſpoonefull, and the ſame being ſod together with the ale, ſtraine it, and put thereto the quantitie of a Nutmeg of fine Treacle, a quantitie of ſetwall, and a quantitie of Engliſh Saffron, being well mingled together, and giue it the patient to drinke warme.

A preſent remedie for an ague.

Take two ounces of Bayſalt, as much of white Frankenſence, and a handfull of Smallage, beaten altogether, and lay it to the wriſts of your handes, and to the boughts of your armes, ſixe houres before the fit doe come: proued.

For the ſame.

Take two or three cloues of Garlicke, and huſke them, and a penny worth of Aqua vitæ, halfe a pint of Ale, and ſeeth them together, and drinke it a little before the comming of the fit

doe come, as hote as you may.

For the Collicke.

Take Gromell seed, parsely seeds, and Annis seeds, of each two spoonefuls greene Fennell one handfull, one parsely root, one radish roote, of each as long as a finger, vnset time one handfull, one handfull of Philopendula, & a handfull of Cherrystones, wash all these and bruse them and stampe them verie small, boile all thse in two quarts of white wine, in an earthen pot close, till a pint be consumed, then let it run through a linnen cloath of it selfe, without straining, and drinke it morning and evening.

For the windie Collicke.

Take a quart of Ale clarified, two spoonefuls of the flower of Licquorice, one spoonefull of the flower of Annis seeds, halfe a spoonefull of bruised Fennell seeds, a little time, and seeth them together till a pint of Ale be consumed, and so drinke it first and last.

For the Collicke and stone.

Take a handfull of Auens, a handfull of Pollitorie of the wall, as much of Cammomell as will lie in the Palme of your hand, and a spoonefull of Parsely seede, bruised a little, make a Posset of Kenish wine, take the curde, and boyle all these together in the drinke till the substances be boyled out, then vse it morning and euening.

For a paine in the side that commeth of wind.

Take a handfull of Cummin seede, another of Annis seeds, and two of Rew, and seeth all these together in running water from a pottle to a quart, put to it halfe a pint of white Vinegar before it be colde, dip a spunge in it, and wring out the liquor somewhat, and lay it to the patients side as hote as hee can suffer it, and when it beginneth to ware colde, take a new.

To remoove a disease from the stomacke.

Drinke a quantitie of Dragon water, or water imperiall mingled with Treacle or Metridatum.

For them that doe cast vp their meat, by reason of weakenesse of the stomacke.

Take the nether crust of Browne bread, drie it well and leisurely

leisurely at the fire, then keepe it in strong Vinegar a little while, take it out and spread vpon it the pouder of Cloues, warme it againe, and tie it about the mouth of the stomacke, and the vomit shall cease.

A dring for cleansing of the stomacke, and to be taken luke warme in the morning.

Take Isope, Rosemarie, and time, of each two crops, and put them in a pint of Ale, with a good quantitie of Sugar, and let them boyle till the strength is in them, then drinke thereof two houres before meat.

A drink to auoid the fleagme out of the stomacke, to make it easier to come vp, you may take of it a spoonefull or two, continually when you neede.

Take eight spoonefuls of Rose water, foure spoonefuls of Condit water, and two spoonefuls of white Vinegar, halfe a quarter of a white Sugar, boyle all these in a Porringer vpon a Chafingdish of coales, and scumme it cleane, and then drink it luke warme.

A remedie against the Plague, sent to the Lord Mayor of London, from King Henrie the eight.

Take a handfull of Sage, a handfull of Hearbe-grace, a handfull of Elder leaues, a handfull of red Bramble leaues, stampe them all and straine them through a fine cloath with a quart of white wine, & then take a quantitie of Ginger, and mingle them together, & so take a spoonefull of the same, and you shall be safe for foure and twentie daies, and so being nine times taken, shall be sufficient for all the whole yeare by the grace of God. And if it be so that the partie be stricken with the plague before he hath drunk of this medicine, the take the water of Scabions a spoonefull, & water of Betonie a spoonefull, and a quantitie of fine Treacle, and put them altogether, and cause him to drinke it, and it shall put out all the venome. If it fortune the Botch to appeare, then take the leaues of Brambles, Elder leaues, Mustard seede, and stampe them altogether, and make a plaister thereof, and lay it to the sore, and it shall draw out the venome, and the partie shall be whole by the grace of God.

To cause one for to sleepe.

Take a spoonefull of pure rose water, as much of vinegar, two spoonefuls of the Oyle of Roses, halfe a spoonefull of Rose-leaues made in powder, mingle them altogether and take crums of leauened bread made of wheat, and make a plaister thereof, and lay it ouer the forehead and temples.

For a sore throate.

Take Cullumbines, and Sinckfoyle, and stamp them both together, and straine them with milke, and drinke it verie warme.

For the Hickop.

Take Oyle of Lylies, and annoint the sicke mans bodie sundrie times.

For a Canker in the mouth.

Take a Flower-delute rote, wash it, and slice it, and a few leaues of Penny-royall, lay them in steepe in Condit water, and so wash your mouth with the water.

For a Laske.

Take an Egge, and Aqua composita, and boyle it with the Egge till it be drie, then take Sinamon and Sugar, and eate with the Egge.

A medicine verie precious called *Flos vnguentum* good for all manner of maladies, that is to wit, against all sores, and wounds, against all manner of impostumes in the head or body, against head-ache, singing in the braine, or boyling in the heart, shrinking of sinewes, it draweth out any thorne or broken bone, and all manner of ache out of the Liuer, Spleene, or Lungs, it helpeth the emerodes, and is verie good to make a fere cloth for all Goutes, aches, and pestilent Botches, and therefore this treatise is worthily called *Flos vnguentum*.

Take Rosin and Wet, of each halfe a pound, of Virgin-ware, and Frankenlence, of each a quarter of a pound, of Waxe an ounce, of hearts sewet a quarter of a pound, a quarter of a pound of Champher, and two dragmes, melt that is to be melted, and pare that is to be pared, and scarce it, boyle them

ouer

ouer the fire, ſtrain them through a cloath into a pottle of white Wine, with all the other medicines together, then let it ſeeth, till it be no hotter then blood warme, then put thereunto a quantitie of Turpentine, euer ſtirring it vntill it be cold, but euer beware that your ſtuffe be no hotter then blood warme when you put in your Turpentine, or elſe it marreth all your ſtuffe, and make it vp in roles and keep it to your vſe, & when you will, occupie it plaiſterwiſe to your griefe.

To make the blacke ſalue, that cureth all olde ſores and Vlcers be they neuer ſo great, foule, and ſtincking.

Take a gallon of ſtale Ale being very ſtrong, two handfuls of Woodbine leaues, halfe a handful of red ſided Nettles, as much Colewoorts, with the ragged leaues, halfe a pound of red Onyons, halfe a pound of Garlicke pilled, a pound of vnſet Leekes, a little diſhfull or a handfull of the ponder of a rotten Poſt of an Oke is beſt, let all theſe be ſtamped ſmall in a morter ſeuerally by their ſelues, put them into the Ale with halfe a pound of Rock Allome, then ſet them ouer a ſoft fire, and let them boyle till the one part or more be boyled away, then let them ſtand three or foure daies, but firſt ſtrain them through a cleaner cloth into a cleane veſſell, then put to the halfe a pound of wexe, halfe a pound of Roſin, halfe a pound of the Mercuell which is greene, a quantitie of ſtone Pony, then ſet it ouer a ſoft fire againe, and let them boyle till the one halfe be conſumed, then put it into a cleane earthen pot, and ſtop it verie cloſe, and vſe thereof when you haue occaſion.

Preſcriptions and rules, made by M. Doctor Good, to be obſerued at the Bath.

WHen you come to Bathe, after your iourney, reſt and quiet your body for the ſpace of a day or two, and ſee the faſhion of the Bath, how and after what ſort others which are there do vſe the ſame.

If it be not a faire cleare day, goe not into the open Bathe, but rather vſe the water in a Bathing veſſell in your Chamber as many men doe.

The beſt time in the day to goe into the Bathes, is in the

morning an houre and a halfe after the Sunneriſing, or thereabout, in the moſt quieteſt time, and when you ſhall feele your ſtomacke well and quiet, and that your meat is well digeſted, and haue reſted well the night before, but before you goe into the Bath, you muſt walke an houre, or halfe an houre at the leaſt in your Chamber, or elſe where.

You muſt alwaies goe into the Bath with an emptie ſtomacke, and as long as you are in it, except great neceſſitie require the contrarie, and then to take ſome little ſupping before your walking, or before you riſe is not hurtfull, let your tarrying in the Bathe be according as you may well abide it, but tarrie not to long in any wiſe at the firſt, although you may well abide, that your ſtrength at no time may faile you.

You may tarrie in the Croſſe Bath an houre and a halfe at a time after the firſt bathing, and in the Kings Bath you may tary after the firſt bathing, at one time halfe an houre, or three quarters of an houre, but in any wiſe tarrie at no time vntill you be faint, or that your ſtrength faile you.

And if at any time you be faint in the Bath, then you may drinke ſome Ale warmed with a toſte, or any other ſupping, or greene ginger, or if great need be Aqua compoſita, Methridatum, the bigneſſe of a Nutkernell at a time, either by it ſelfe, or mixed with Ale or other liquor.

As long as you are in any of the Bathes, you muſt couer your head verie well, that you take no colde thereof, for it is verie perrillous to take any colde on your head in the Bath, or in any other place during your bathing time.

When you come forth of any of the Bathes, ſee that you couer your ſelfe verie well & dry off the water from your bodie with warme cloathes, and then put on a warme ſheete and a Mantle, or ſome other warme gowne, for taking of colde, and ſo goe ſtraight way to your warmed bed, & ſweat diligently, and after that you may ſleepe a while, but you muſt not drink any thing till dinner time, except you be verie faint, and then you may take a little Sugar canois, or a fewe Raiſons, or a little thin broth, but ſmall in quantitie to ſlake your thirſt onely, becauſe it is not good to drinke or eate by and by after the

Bath,

Bath, vntill you haue ſlept awhile if you can.

After that you haue ſlept and ſweat enough, and clearely deliuered from the heat that you had in the bath and in your bed, then may you riſe and walke a little, and ſo goe to your dinner, for by meaſurable walking, the euill vapours & windineſſe of the ſtomacke that are taken in the Bath bee driuen away and vtterly auoided.

After all this, then goe to your dinner, and eate of good meates, but not verie much, that you may riſe from the table with ſome appetite, ſo that you could eate more if you would, & yet you muſt not eate to little for decaying of your ſtrength.

Let your bread be of good ſweet meale, and of one dayes baking or two at the moſt, and your meat well boyled or roſted, and ſpeciall let theſe be your meates, Mutton, Veale, Chickings, Rabbets, Capon, Pheſant, Partrich, or the like.

You may alſo eate freſh water fiſh, ſo it be not muddie, as Eeles and the like, reſraine all ſalt fiſh, as Ling, Haberdine, &c. auoid all fruite and raw hearbes, Sallet, and the like.

Apparell your bodie according to the coldneſſe of the weather, and the temperature of the ayre, but in any wiſe take no cold.

And if you bathe againe in the afternoone, or after dinner, then make a verie light dinner, as a couple a poached Egges, a Cawdle, or ſome other broth with a Chicken, and then after foure or fiue houres your dinner ſo taken, you may bath againe, and in any wiſe tarry not ſo long in the bath as you did in the forenoone.

You muſt at no time goe into the bath, except you haue beene at ſtoole, either by nature or otherwiſe, and if by no meanes it will be of it ſelfe, then take a ſuppoſitario once in two dayes at the leaſt wiſe.

For all manner of wormes.

Take Groundſell, and plantine with the rootes, & ſtamps them and ſtraine them with Malmſie, and warme it, and giue it the patient to drinke three daies together: it will kill all maner of wormes, and if you haue an Ague, it will alſo driue it by Gods grace.

A medicine for the wormes in a childe.

Take Aqua composita that is made of herbes, and wash the breast of the childe, then take the powder of Mirrhe, burie fine beaten, and strew it vpon the breast of the childe after that it is washed, and lay a warme cloth to it, and let it lye fours and twenty houres.

For the wormes.

If it so fortune the Childe to auoid a worme, as oftentimes they do, then take that worme & drie it, so that you may make it into powder, & giue it to the childe to drinke in Ale or wort, and it shall kill the rest of the wormes, & cause them to come forth aliue.

For him that hath drunk venome, and his belly beginneth to swell or ake.

Take greene Ewe, wash it, stampe it and temper it with white wine, and giue it him to drinke.

To cleare the voice.

Take Organ, Isope, Harts-tungs, Elicompane, of Licorice, and of Fennell, and boyle them together with cleane water, and so drinke it first and last.

A medicine for the Tisicke, and stopping in the brest, and to open the Piles.

Take Parcely rootes, Fennell rootes, Succorie roots, and take out the pithe of them, and seeth them in White wine till they be soft, seeth them with Juniper berries, if you can get them, then straine it: when it is well sodden, put Pellitorie of Spaine to the wine, and let the sicke drinke of it morning and euening eight daies.

FINIS.